

EMMA THOMPSON: AWARDS SHOW MVP

THE BRIT ACTRESS LIVENS UP THE CEREMONIES AGAIN. PAGE 24



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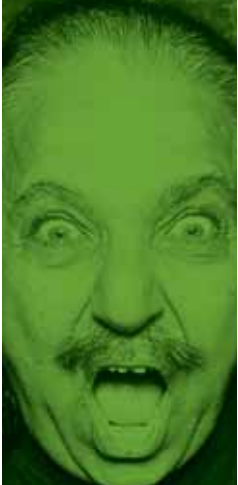


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NEWS



Top 3

What's trending online at Metro.us

1 VIDEO: Ron Jeremy takes on "Wrecking Ball"

2 VIDEO: Gosselin twins break silence on "The View"

3 VIDEO: Sasheer Zamata gives a "Girls" tour

Quoted

"New York will be a city worthy of Dr. King's memory."

Chirlane McCray, first lady and wife of Mayor Bill de Blasio, at BAM



The Bitcoin Center New York City opened in January and offers educational classes about cryptocurrencies. / MILES DIXON, METRO



Bitcoin gold rush hits the streets of New York

Money. From Wall Street to watering holes, interest in the digital currency is spreading fast.

It's a Monday in early January and a group of businessmen chat enthusiastically at a Midtown Manhattan bar. The men aren't talking about sports or where they plan to vacation though, instead they are discussing Bitcoin, a digital currency that has accelerated in popularity the past few years.

"My wife asked me last week, 'What do you love the most, me or Bitcoin?'" one enthusiast joked.

Bitcoin was invented in 2009 by an individual or group — no one knows for sure — using the pseudonym Satoshi Nakamoto.

Bust or bubble?

Bitcoin — which started at less than a penny per bitcoin, peaked at \$1,200 per coin, and as of print time stands at \$950 per coin. There is a programmed limit of 21 million bitcoins.

- Columbia University

Professor Steven Bellovin said that the first form of digital cash can be traced back 30 years, but that all attempts at digital currencies until Bitcoin lacked a sort of central authority to avoid double spending.

Quoted

"Bitcoin is intended to be something like a currency based on mathematics and cryptography that works without any sort of central bank." Bellovin

The digital currency can be bought, sold or traded for services rendered.

"Bitcoin is intended to be something like a currency based on mathematics and cryptography that works without any sort of central bank," Columbia University Computer Science Professor Steven Bellovin explained.

Bellovin calls it clever mathematics, but points out concerns — including the risk of a person's com-

puter being hacked and the volatility of the value of Bitcoin.

Despite those concerns, Bitcoin has grown in popularity in New York City. In January, the world's first Bitcoin Center opened at 40 Broad Street, just a short distance to Wall Street.

"I think Bitcoin is an honest currency compared to all the other ones. We've created \$19 trillion out of thin air the past six years," Bitcoin Center New York City Co-Founder Nick Spanos said.

The Bitcoin Center is an educational institution dedicated to promoting awareness of Bitcoin and other crypto currencies.

Other New York City businesses have also started accepting bitcoins in payment for their work. RentHop, an online apartment search marketplace, started accepting the cur-

New money

6

Bitcoins have been around for six years, since 2009.

rency in December.

"My goal is that I see this as a potential to lift real estate out of the stone ages," Lee Lin, RentHop co-founder said.

And for those who want to wet their whistles using bitcoins, Old Man Hustle, a bar in the Lower East Side, started accepting bitcoins as payment last year.

Michael Jarmuz, owner of the bar, said that the increasing worth of the digital currency makes ongoing bitcoin payments "a dream come true."

MAJA JARMUZ PEDERSEN
letters@metro.us

MLK Day. De Blasio volunteers, addresses income inequality

In an effort to honor the legacy of Martin Luther King Jr., Mayor Bill de Blasio volunteered and spoke about income inequality on Monday.

"We need to feel energized and focused even though he can't be with us," he said at the National Action Network in Harlem. "We can't wait."

Earlier at the Brooklyn Academy of Music, de Blasio said that it was time to act in addressing income inequality, reforming stop-and-frisk and pushing forward a new paid sick leave bill.

De Blasio also volunteered with his wife at a West Harlem food pantry.

ANNA SANDERS

East Harlem

Suspect sought in rape attempt

Police are on the lookout for a man they say tried to rape a woman in East Harlem early Sunday morning.

The suspect approached the victim at 3:30 a.m. and pushed her inside a residential building, where he tried to rape her, police said. **LAURA SHIN**

Winter. Arctic blast bringing snow and freezing cold Tuesday

An arctic blast could blanket the city with up to 10 inches of snow Tuesday night, the National Weather Service said.

"An arctic airmass will gradually settle into the region for much of the upcoming week," the service said.

The snow is expected to fall mostly Tuesday

afternoon, with as much as 4 inches accumulating during the day.

Freezing temperatures are also predicted for Tuesday. Wind chills are expected to reach minus 7 degrees that night.

The Department of Sanitation issued a snow alert for 9 a.m. Tuesday.

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New Yorkers favor medical marijuana

Painkiller. A new poll says Empire State residents overwhelmingly approve of legalizing the use of pot for those who are ill.

Most New Yorkers support Gov. Andrew Cuomo's plan that would allow the use of medical marijuana in a pilot program in up to 20 hospitals, according to a new poll released on Monday.

Nearly half or 49 percent of New York voters polled thought that the pilot step wasn't necessary and that he should immediately legalize its medical use statewide, as has already happened in 20 other states, the Siena College Poll said.

A total of 28 percent of New Yorkers said that the pilot program was the way to go.

A slim majority of 54 percent New York residents, however, said that they opposed following the leads of Colorado and Washington and legalizing marijuana for recreational

By the numbers

77%

Of New Yorkers support some type of medical marijuana legalization

use. Out of those that were polled, 41 percent said that they supported such a move.

"Voters under 35 say yes, as do a bare majority of men. Democrats and independents are closely divided, but Republicans are a strong no," Siena College pollster Steven Greenberg said. "New Yorkers are not yet ready to duplicate what they see in the Mile High City."

Cuomo announced the plan in his annual State of the State address earlier this month, saying he would allow up to 20 hospitals to prescribe medical marijuana to help manage the pain and to treat cancer and other serious illnesses.

Cuomo said he would use an executive power to set up the program, and that it would not need new legislation.

Siena College spoke to 808 people registered as voters in New York last week for the poll, which had a margin of error of 3.4 percent. **REUTERS**

Recreational smoking

"New Yorkers are not yet ready to duplicate what they see in the Mile High City."

Steven Greenberg



Gov. Andrew Cuomo has said that he can pass the program through an executive power. / GETTY IMAGES

Changing times

Once enacted, New York would become the 20th state to allow medical marijuana.

import specialized plants from other states, according to people briefed on the plan.

- Under Gov. Cuomo's plan, it will remain illegal to grow marijuana or to
- Only 20 hospitals throughout the state will be able to distribute the medicine.

Mother, toddlers stabbed to death

A mother and her two young daughters were found stabbed to death Sunday, police said.

Emergency personnel responding to a call of an unconscious woman found Deisy Garcia, 21, and her two children stabbed to death shortly after 7 p.m. in their Jamaica apartment.

Daniela and Yaslin Mejia, 2 and 1 years old, were each found with multiple stab wounds in a bedroom of the Sutphin Boulevard



Miguel Mejia-Ramos / NYPD

apartment, police said.

Daniela and her mother had been stabbed multiple times in the torso and Yaslin had been stabbed multiple times in the chest.

They were all declared dead at the scene.

Police found several knives with blood on them in each of the rooms.

The children's father, Miguel Mejia-Ramos, 28, was wanted for questioning as a suspect in the murders Monday after-

If you have a tip

Police ask anyone with information to call Crime Stoppers at (800) 577-TIPS (8477).

noon, police said.

He is known to drive a white 2001 Chevrolet commercial van, plate 22128MD, and a white 1995 Dodge Suburban, plate GHS2798.

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Protecting kids



Myls Dobson / FACEBOOK

ACS reforms unveiled after boy's death

The Administration for Children's Services missed signs a 4-year-old boy who died this month may have been at risk, officials said Friday.

A preliminary review of the case did not fault individual case workers overseeing Myls Dobson's care but caused Mayor Bill de Blasio to unveil a set of ACS reforms.

"We want to learn from this tragedy and make changes as a result," de Blasio said.

Dobson died this month in the care of his father's girlfriend, who told investigators she starved him for days and bound, beat and burned him.

The review found Dobson was well cared for when ACS workers were monitoring him, until Aug. 17, but that the agency was unaware his father was in jail from September 2012 to February 2013.

De Blasio directed several agencies to make changes after the report's release.

ANNA SANDERS



See more at
www.metro.us

City Councilman Daneek Miller is arrested at the event. / WILLIAM ALATRISTE

Airport workers stage MLK sit-in

Rights. Workers and officials protested near LaGuardia Airport.

A bridge to LaGuardia Airport was blocked by nearly 1,000 people during a sit-in for workers' rights Monday afternoon.

Workers and officials occupied the 94th Street bridge to the airport for several hours, rallying for "economic justice" and for Martin Luther King Jr. Day to be a paid holiday.

During the protest, 32 people were arrested, including some politicians.

The sit-in was organized after airlines refused to make Monday a paid holiday for contracted passenger service workers at local airports, according to 32BJ SEIU, a union supporting the workers.

The Port Authority of New York and New Jersey said it will continue discussions with stakeholders regarding the holiday.

For workers, the holiday is just a start.

"We're trying to raise our standards — higher pay, affordable health care and paid sick days," said Prince Jackson, a 56-year-old Kennedy Airport security guard who makes \$8 an hour.

Jackson, an overnight guard, worked Sunday before the protest and was on-duty again Monday night.

ANNA SANDERS
anna.sanders@metro.us

MLK Day

"I'm very pleased and honored to take part in this demonstration to show our support for everything he did."

Prince Jackson
Kennedy Airport security guard

West Side. Man, 84, hurt in jaywalking dispute with police

An elderly man was arrested after a bloody altercation with police following a jaywalking summons on the Upper West Side on Sunday afternoon, police said.

The 84-year-old man sustained a head wound after resisting police when they tried to issue him a jaywalking summons for crossing against the light at Broadway and West 96th Street at about 4:30 p.m., a law

enforcement official said.

On Sunday, 26-year-old Samantha Lee became the third pedestrian to be struck and killed near that intersection.

After the dispute, the man went to St. Luke's Hospital for stitches.

In addition to the summons, the man was charged with resisting arrest, disorderly conduct and obstructing governmental administration.

ANNA SANDERS

From the past

Ancestry.com, NYC Municipal Archives release city records

Genealogy website Ancestry.com has partnered with the New York City Municipal Archives to release a collection of New York vital records. The records are from across the five boroughs and include more than 80 years of birth, marriage and death records.

Users will be able to search for information on their ances-

tors in New York and order official copies of documents, like birth, death and marriage certificates, from the city's Municipal Archives. The collection of nearly 10.5 million records spans from 1878 to 1909 for birth certificates, 1866 to 1939 for marriage records and 1862 to 1949 for death certificates. Ancestry.com now also hosts an expanded New York Census Collection, which includes the complete 1855 and 1875 New York state censuses. **ANDREA PARK**

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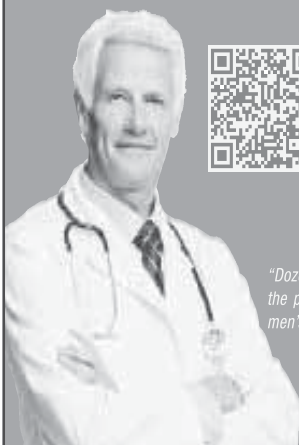
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Civil rights

What would
MLK champion
in 2014?

Visions of what Rev. Martin Luther King Jr. would do to promote civil rights in 2014, had he not been slain decades ago, marked speeches and commemorations held across the country to honor his memory on Monday.

Recalling King's famous "I Have a Dream," speech, Atlanta Mayor Kasim Reed said the late civil rights leader would want school children to hear it as a call to stay in school and become educated to better the world.

"We need to swap the lesson plan for a dream plan," Reed told a crowd at Ebenezer Baptist Church gathered for the Martin Luther King Jr. Day federal holiday.

He said King would want children to hear: "You are not going to school just to study

math, you're going to school to be somebody."

In New York City, newly elected Mayor Bill de Blasio, swept into office promising broader opportunities for poorer residents, said at a tribute: "Dr. King would tell us we can't wait" to bring income equality to New Yorkers.

At the packed Atlanta church near the Martin Luther King Center, which promotes his philosophy of non-violence, King's daughter Bernice was applauded for her call to honor his message by making Monday a "no shots fired" day in the wake of school shootings and other gun violence across the nation. **REUTERS**



MARTIN LUTHER KING JR.
GETTY IMAGES

Christie No. 2 denies linking Sandy funds to development

Allegation. The mayor first made her accusations on MSNBC on Saturday.

New Jersey's lieutenant governor on Monday denied a claim by the mayor of Hoboken that Gov. Chris Christie's administration linked the release of superstorm Sandy relief funds to approval of a Hoboken development project.

Hoboken Mayor Dawn Zimmer says Lt. Gov. Kim Guadagno warned her that Christie would withhold disaster recovery funding if Zimmer did not support a bid by the New York-based Rockefeller Group to build on several blocks in Hoboken.

His spokesman has dismissed the Hoboken mayor's claims as false, as did Guadagno on Monday at a public appearance in Union Beach, N.J.



Blaine Badick and her fiancée Andrew Grapsas cross a flooded street with their dog while leaving their home after Hurricane Sandy on Oct. 31, 2012, in Hoboken, N.J. / GETTY IMAGES

Quoted

"I stand by my word, remain willing to testify under oath, and I will continue to answer any questions asked of me by the U.S. Attorney's Office." Zimmer

"Mayor Zimmer's version of our conversation in May of 2013 is not only false but is illogical and does not withstand scrutiny when all of the facts are examined," Guadagno said.

"Any suggestion that Sandy funds were tied to the approval of any project in New Jersey is completely false," she said, adding, "Being a Sandy victim myself

makes the mayor's allegations particularly offensive to me."

In response, the Hoboken mayor said she was "genuinely disappointed" that Christie's second-in-command "would deny linking Hoboken's application for Sandy hazard mitigation funding with expediting a private development project." **REUTERS**

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Media. Missionary jailed in North Korea wants US to help him

A U.S. missionary imprisoned in North Korea for more than a year appeared in front of journalists on Monday, in prison clothes and under guard, asking Washington to help him get home, foreign media there reported.

Kenneth Bae, a 45-year-old ethnic Korean, was arrested as he led a tour group in North Korea in 2012 and sentenced to

15 years of hard labor on charges of state subversion.

Bae met "a limited number of media outlets" in the North Korean capital Pyongyang and expressed hope of the United States securing his release, Japan's Kyodo news agency reported.

Bae's son Jonathan urged Washington to respond to the statement.

REUTERS

Search continues

NC man missing after Grand Cayman dive

Grand Cayman authorities were searching on Monday for a U.S. tourist who disappeared after scuba diving near Seven Mile Beach, a popular dive site on the island's

northwest tip.

David Byles, 57, of Pinehurst, N.C., surfaced from a group dive on Sunday with his wife, but vanished as the couple was swimming about 100 yards to the boat, according to Royal Cayman Islands Police Service Marine Command Ian Yearwood. **REUTERS**

Tickets are a hot item for chilly NY-area Super Bowl



Seattle Seahawks fans hold up signs for Super Bowl XLVIII but they will have to pay a hefty price if they plan to attend. / GETTY IMAGES

Quoted

"Everything leading up to the game is what the whole experience is about."

Lance Patania told New Jersey's Star Ledger newspaper

Super cost. Face value of individual tickets ranges from \$1,000-\$2,600.

Tickets to the National Football League's first cold-weather Super Bowl are a hot item, with some climate-controlled suites in New Jersey's MetLife Stadium priced at \$1 million.

Following Sunday's conference championships that set up a Denver-Seattle Super Bowl on Feb. 2, the average resale price of tickets on secondary markets was \$3,721, the highest figure in five years of tracking, according to SeatGeek (Seatgeek.com).

No single ticket on the secondary market had sold for under \$2,000, a price that was 33 percent more than what the cheapest ticket sold for on conference championship Sun-

day during each of the past three NFL playoffs, the website said.

Face value of individual Super Bowl tickets ranges from \$1,000-\$2,600.

For high-rollers, one suite on the Commissioner's Level of MetLife Stadium, the shared home of the New York Giants and New York Jets, is listed for \$1.019 million. The same luxury suite for an entire Giants or Jets regular season sells for \$350,000.

There were more than 12,000 tickets listed on secondary markets as of late Sunday, representing roughly 15 percent of the capacity at MetLife Stadium.

Ticket broker Lance Patania told New Jersey's Star Ledger newspaper that he expected a busy market immediately following the conference title games as fans of the winning teams react.

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The real 'American Hustle'

Abscam. The FBI sting that inspired the Oscar-nominated movie was real — and just as crazy.

If you haven't seen "American Hustle," you should soon: the Golden Globe-winning film is expected to take home several Oscars.

Robert Del Tufo, the U.S. attorney who prosecuted Abscam — code name for the case the movie is loosely based on — recently shared his reaction to the film and the real man on which the character Irving Rosenfeld was based.

"Mel Weinberg, even at age 90, has a great ability to make money off people," Del Tufo said.

Weinberg was a fraudster caught by the FBI who, in order to evade a prison sentence, agreed



Christian Bale and Jeremy Renner are seen filming David O. Russell's "American Hustle" on May 18, 2013, in New York City. / GETTY IMAGES

Who's who

- **Mel Weinberg:** fraudster, FBI informant
- **John Good:** FBI agent in charge of team
- **Tony Amoroso:** FBI agent posing undercover
- **Robert Del Tufo:** Prosecutor

to cooperate with the Bureau.

Weinberg and his FBI partners started by doing "small things, like stolen property," explained John Good, the FBI agent who led Abscam, and quickly recognized Weinberg's potential though his many shady dealings.

As the dealings progressed, Good and his team began crossing paths with corrupt politicians, not just in New

Bribes

7

The FBI's plan worked. Of the 31 politicians targeted, seven accepted the bribe and were later convicted for the crime, as were five other government officials.

Jersey but in Washington, D.C., as well.

In an operation more creative than most Hollywood scriptwriters could generate, an agent posing as Karim Abdul Rahman, a fictitious sheikh, offered the lawmakers cash in return for political favors.

"Mel was a magnificent con artist," explains Good. "He had this amazing ability to trick people. He tried to trick us, too, but when he realized that he couldn't, he really got into the case. It was the first thing he'd ever done on the side of the law."



ELISABETH BRAW
elisabeth.braw@metro.lu

Abscam

Abscam was an FBI sting operation started in 1978 that investigated in corruption of U.S. officials. The FBI used convicted con Melvin Weinberg to weed out the officials.

"a scam within a scam," and violated Justice Department guidelines for undercover operations, including paying Weinberg \$150,000 for his role.

- **How it happened:** In order to entrap officials, the FBI formed a fake company called Abdul Enterprises Ltd., as a front for the investigation, and set up videotaped meetings between a fake Arab sheikh named Abdul Rahman (played by an FBI agent) and officials.
 - **Result:** The sting operation led to the conviction of a U.S. senator, six members of Congress, and other officials.
 - **Controversy:** One government lawyer was reported as saying it was
- **Movie material:** In 1982 movie director Louis Malle was making plans for an Abscam movie called “Moon Over Miami” starring Dan Aykroyd and John Belushi. Belushi was to play Mel Weinberg, based on the same man as Bale’s character in “American Hustle”. The project was canceled after John Belushi died later that year. This year’s Oscar favorite “American Hustle”, starring Christian Bale, Amy Adams, Bradley Cooper and Jennifer Lawrence, is loosely based on the Abscam sting operation.

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####FASTTRACK

West, Iran activate landmark nuclear deal

A start. The interim deal is seen as a step toward a broad nuclear settlement.

Iran has halted its most sensitive nuclear operations under a preliminary deal with world powers, winning some relief from

economic sanctions on Monday in a groundbreaking exchange that could ease a threat of war.

The United States and European Union both suspended some trade and other restrictions against the OPEC oil producer after the United Nations' nuclear watchdog confirmed that Iran had fulfilled its side of an agreement

made on Nov. 24.

The announcements, which coincided with a diplomatic row over Iran's role at peace talks on Syria, will allow six months of negotiation on a definitive accord that the West hopes can end fears of Tehran developing nuclear weapons and Iran wants to end sanctions that are crippling

its economy.

Iranian officials hailed a warming of ties that will also see their new president make a pitch to international business leaders at Davos later this week: "The iceberg of sanctions against Iran is melting," the head of Iran's Atomic Energy Organization, Ali Akbar Salehi, told Iranian state television. **REUTERS**



International Atomic Energy Agency inspectors and technicians disconnect the connections between the twin cascades for 20 percent uranium production at the nuclear power plant of Natanz. / GETTY IMAGES

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Marijuana talk

Obama: Pot 'a vice' but no more dangerous than alcohol

President Barack Obama believes smoking marijuana is a "bad habit" but thinks legal penalties now fall disproportionately on minorities and that states legalizing pot should go ahead with their plans, he said in a profile released on Sunday.

"As has been well documented, I smoked pot as a kid, and I view it as a bad habit and a vice, not very different from the cigarettes that I smoked as a young person up through a big chunk of my adult life," he is quoted as saying in

a New Yorker magazine article. "I don't think it is more dangerous than alcohol."

The president said he has told his daughters smoking marijuana is "a bad idea, a waste of time, not very healthy."

However, he said he is concerned that marijuana-related arrests fall far more heavily on minorities than on others. Legalization of pot should go forward in the states of Colorado and Washington because "it's important for society not to have a situation in which a large portion of people have at one time or another broken the law and only a select few get punished," he said.

REUTERS



More China bird flu cases

Another seven people in China have been infected with the new and often deadly H7N9 strain of bird flu, the World Health Organization said on Monday, adding to at least 24 new cases last week and confirming a fresh wave of the virus. One of the seven cases, which were reported from four different provinces of China, was in a 38-year-old man who died on Jan. 9. The remaining six patients are in either a serious or critical condition in hospitals, WHO said. Several had reported recent exposure to poultry or poultry markets, but WHO said the source of infections is still under investigation. **REUTERS** / GETTY IMAGES

Tips for beginner investors

Personal finance.

Thinking about investing? You don't need to be an expert to start.

Entering the stock market can feel overwhelming, but if you're looking for a way to grow your money, it's a better option than sticking it in a bank account. Saving is still an important long- and short-term strategy, but investing is a great way to supplement your financial future.

"If you put all your money into a savings account, you're going to earn very low interest. Whereas if you take that money and put it in a stock/mutual fund instead, you're going

to see a return that's much higher and faster," says Debra Borchart, a market analyst at TheStreet.com.

And the good news is you don't need to have a lot of money saved to start. "There's no magic number to start with, but you can do it for as little as \$50," says Borchart. "People think you have to have thousands of dollars saved up to invest, but you really don't. The way you do it is you start small and build it up."

As with anything that involves the stock market, there is always risk, but Borchart says the key is not to make emotional decisions and riding it out for the long haul. "In the long run, most people do well in the market. It's when you jump in and out when you

hurt yourself," she says.

When you're ready to start investing, the first step is to educate yourself. Sites like Investopedia.com break it down and put everything into layman's terms. It isn't even necessary to meet with a financial adviser. "I think sometimes that intimidates people," Borchart says. Her advice is to use an investing app instead, like Motif Investing or SigFig, which are preferred by the editors at Money magazine.

Check up on your stocks about every six months. Then, you can see how they're doing and if you are able and want to invest more money, you can.

The most important thing when you're considering investing is not to be intimidated. Even if you know very little about the stock market, you can still make a profit.

See more at www.metro.us



Grow your money faster by investing in mutual funds. /COLLOURBOX

Quoted

"There's no magic number to start with, but you can do it for as little as \$50."

Debra Borchart, market analyst



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You Need A Budget.

THE TRICK TO NEVER HAVING BUYER'S REMORSE

Let's get something straight. A budget doesn't tell you what you can't do — it tells you what you'd rather do. Anyone who took Econ 101 has heard the term "opportunity cost." Definitions may vary, but the concept of opportunity cost tells us that the real cost of something is the value of whatever we didn't buy in order to purchase it.

Here's one real-world example: The actual cost of your \$399 iPad isn't \$399. The actual cost of the iPad is what you gave up when you bought it, like 20 \$20 meals or two (maybe three) pairs of fancy-ish shoes.

The power of a budget is not to keep you from buying something; it just shows you exactly what you chose not to buy when you put a new item in the shopping cart.

If you want to avoid buyer's remorse (and credit card debt), get

an effective budget on your side. Budgeting apps, like Level, can be really helpful in showing where your money is going and planning where you want it to go. There are different categories, such as gadgets, food and drink or shopping, and you can allot certain amounts of money into each category. Then, when you're in the Apple store debating buying that iPad mini, you can look at the app and see how much money you have saved in your gadgets category. An effective budget isn't arbitrarily saying you can't or shouldn't spend. It just clarifies what the purchase requires you to sacrifice.

In either case, you win. Your budget gave you good information, and you acted on it. That's money-management bliss, and that's why you need a budget.

Vocab refresher

Opportunity cost is the value of the items you didn't buy in order to purchase the things you do buy.



Before you make a purchase, take a second to think about what you might be giving up. / COLOURBOX

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Keep your head in the game

Short breaks. Stay focused by taking a walk, dancing it out and, yes, using Facebook.

Twitter, Angry Birds and intramural volleyball, oh my! Distractions have never been so ubiquitous on college campuses.

This college generation is “wired for and thrives on a constant interrupt cycle,” says Caroline L. Arnold, author of “Small Move, Big Change: Using Microresolutions to Transform Your Life Permanently.” But trying to shut down all of the interruptions to eliminate

distractions may actually be counterproductive. Instead, students need to learn to manage distractions differently.

Arnold, managing director at a leading investment banking firm, recommends limiting the duration, frequency and type of interruptions by making small changes, instead of overhauling habits completely. Students should examine their own distraction patterns to find the “microresolutions” most likely to have a positive impact on study habits. “A microresolution must be easy, specific and measurable to succeed,” Arnold advises.

For instance, Arnold recommends taking a 10-minute walk every

two hours. “The walk will refresh your head with a change of scenery, exerting physical energy,” she says. Plus, walking is meditative and good for problem-solving.

Another option is taking a short break to get your groove on. “Getting up to dance to a couple of numbers every hour is

also a great body/brain refresher,” Arnold says.

Another self-imposed behavior includes watching the clock regarding social media. One “like” here, one comment there, the next thing you know an entire hour has vanished. Arnold recommends limiting social media to five minutes per session. “Dis-

tracting yourself with social media and/or gaming apps actually could help break study impasses and stimulate new thoughts,” she says. So instead of eliminating social media altogether, Arnold suggests making a pact prior to starting digging into work to determine the length of the break and how many

breaks you’ll give yourself each hour. “Commit yourself to living within those limits,” she says. “The limits will actually help you enjoy your breaks more, because they won’t feel futile and guilty.”

VICKI SALEMI
letters@metro.us



Ignoring your friends and vibrating phone isn't easy, but it's possible. / ALTOPRESS, MAXPPP

Reduce distractions

1 Change your study location every hour. New research shows that moving locations — even from the desk to the bed or from the bed to kitchen — helps keep thinking sharp.

2 Stick to your task online when performing research. Getting sidetracked is inevitable — if you let it. “If you are looking up the year the British quit India, carry through your search with single-minded purpose,” Arnold says. Only allow a distraction after that task has been completed.

3 Turn off your smartphone for 15 minutes every hour and see how it affects your productivity.

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Come on, get happy

Smile. Keep these positive thinking habits this semester.

Amid endless assignments, looming deadlines and stress, college life isn't all a bowl of cherries — especially as the winter break recedes into the past. January is a time when students often struggle with the blues, but the up-and-coming curriculum of positive psychology is making its mark.

Just ask Stella Grizont, founder of well-being learning company WOOPAAH and instructor of “The Science of Happiness” at the online learning company Udemy.com. Grizont earned her master’s degree at the University of Pennsylvania and points out the new science understands what makes life worth living from an empirical evidence-based perspective.

tive. She says that positive psychology focuses on what's right with people and "how to go from zero to 10-plus."

The relatively new field dives into theory and application with classes like "Approaches to the Good Life" and "Applied Positive Interventions." Grizont learned that exuding positive emotions and experiencing a generally high level of life satisfaction have a huge impact on one's life span. Get this — you're twice as likely to be alive after 65 if you're happy versus unhappy, you're three times more creative on the job and 30 percent more productive at work. "In fact, people even think you're hotter," she dishes.

And it's not about trying to be happy all the time either. According to Tal Ben-Shahar, best-selling author of "Choose the Life You Want," a person can endure emotional pain at times and still be happy



Boosting your happiness is a matter of dedicating yourself to it.
WAVEBREAK MEDIA

overall in the sense of an
“overall experience of pleasure and meaning.”

Recognizing that happy people enjoy positive emotions while perceiving their lives as purposeful, Ben-Shahar says it's critical for students to give themselves permission to have

feelings. Instead of ignoring them, uncomfortable emotions should rise to the surface. "Allowing ourselves to experience emotions such as envy or anger or fear or sadness is central to a happy and fulfilling life."

c. Not only should stu-

dents acknowledge emotions, they should slow down and simplify daily life. Ben-Shahar, a former Harvard professor of positive psychology, says we're generally too busy trying to squeeze in more and more activities into less and less time. He adds it's OK to not check emails for a few hours and it's OK to not have a phone on 24/7. "Doing less instead of more unlocks the key to happiness. We are in a better position to enjoy the treasures of happiness that are inside us and around us."

Such treasures, he says, can be found by focusing on the positive and expressing gratitude, whether it's by keeping a regular gratitude journal, meditating or praying. "We too often take the positive elements of our lives for granted. We have to learn to appreciate and savor the wonderful things in life, from people to food, from nature to a smile."

Smile guide

Four keys to building happiness habits:

1 Celebrate Thanksgiving today. "Appreciate three things that are going right in your life right now and write them down. Do this daily," explains Grizont.

2 **Prioritize people.** Spend time with or call those you love to tell them you care; research finds that relationships drive happiness.

3 Work your strengths. Identify your top strength and find one new way to apply it. She notes, "Researchers found this can decrease depression."

4 Do three nice deeds daily. It's not just enough to be kind every once in a while; Grizont says studies reveal the benefits of doing good rubs off when you're at it several times a day. Hold the door open, give a compliment, offer a helping hand.

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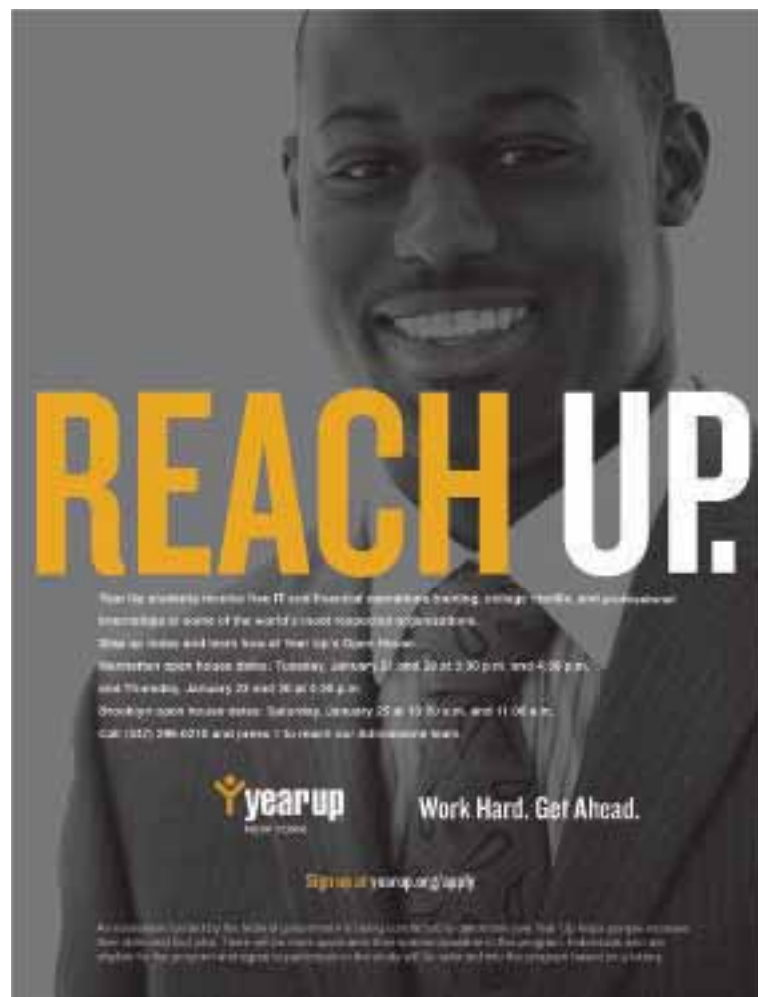
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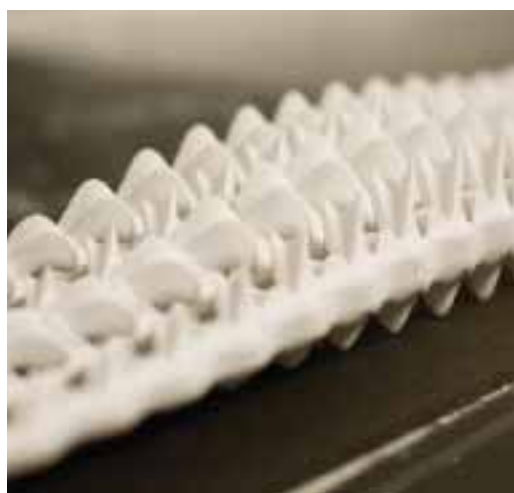
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Ask a professor

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Dr. Lee Skallerup Besette is an English and writing instructor who has been teaching at colleges for almost 15 years, in three different states, two countries and two languages. She has seen it all and heard it all. You can follow her on Twitter, @readywriting, and check out her blog, College Ready Writing, where she talks about the broader issues and challenges facing higher education today.



Sticking to a quiet place and an ideal time can make it easier to get through that slog of complex sentences. / COLOURBOX

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MAKE IT 'STICK'

At the beginning of the semester, I always ask my students how they do their reading. Do they find themselves reading and re-reading the same sentence or paragraph over and over again, realizing at the end of it that they haven't retained anything? Then, I ask them where and when they do their reading: before bed at night, in front of the TV or computer, in the common area of the residence hall or student center? These things matter when it comes to good reading habits.

If the way you're reading isn't working, then you need to change it up so that the readings "stick." Getting up earlier and heading to the library or another quiet place rather than waiting until you're tired and run-down from the day can help. Minimize the distractions by hiding your phone and reading in a place with no screens around to distract you.

The second thing I ask my students is why they think their professors assign them readings in the first place. It isn't surprising that students find the readings professors assign

difficult — they go in with the expectation to be entertained, rather than intellectually challenged.

So, I tell my students, change your expectations and find a way to engage your brain. Take notes, write questions in the margins, create outlines of your readings, keep a glossary of terms, whatever it takes to get your brain engaged in the process. Finally, read, re-read and then read it again. Each time you read, you'll find something new, learn something different, and retain more and more of what you need to know. You'll make new connections and gain new insight.

And if you're worried it takes too much time? Most of your classes end in a final of some sort, and that final is based on the readings you have done. Whether you spend the time reading throughout the semester or cramming in a sleepless energy-drink-fueled session is up to you. But I know from experience which one is better for your education (not to mention health) in the long run.

Try these

Active reading tips:

- **Power down.** When you sit down to read, put your phone and laptop away so the screens don't suck you in.
- **Take notes.** Research has shown that the act of writing things down on paper helps the brain

remember and retain facts. (Think of it as retro cool.)

- **Deep breaths.** Simple meditation techniques like focused breathing can bring you back to the moment — and to the page in the gigantic book you're reading about too.

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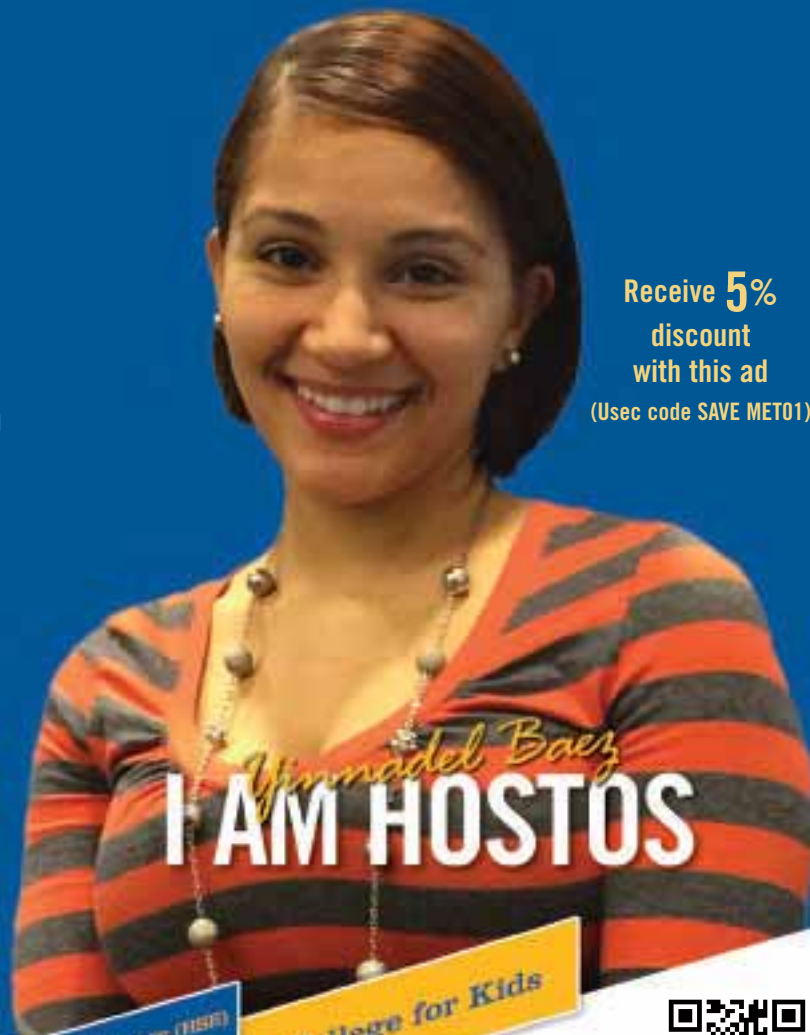
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Cash flow on campus



Leave that money in your pocket — healthy spending habits will help you later on. / COLOURBOX, MARYLOO

Budget. Hey students, follow these tricks to avoid overspending.

The good news: There is no time like the present to start getting into healthy spending habits and paying attention to your bank account. The bad news? With an abundance of temptations to spend, spend, spend on campus, college life is a ripe environment for negative cash flow.

But that doesn't have to become your story. There are several strategies to get control of your finances as a student. If your roommates order out every night and you can't afford to do the same, Stacy Francis, president and CEO of Francis Financial, suggests bringing your own food to dorm dinners. "If anyone

asks," she says, "let them know that you are saving up for a special trip or purchase."

Financial savviness shouldn't be something to be embarrassed about. Instead, she says, it's something to be proud of. What won't give you a sense of pride is having to dig yourself out of debt because you didn't want to say you couldn't afford something.

Jill Biernie Davi, founder of Abundant Finances, also mentions the invisible force of peer pressure. If you decide to participate in a takeout order, limit it to once a week or get something small instead of an entree. "Or invite your friends to split a dish with you to cut the costs in half," she says.

Just like getting into the habit of passing up that second slice of cheesecake (or not having any to begin with), watching your wallet means getting

Do this

Watch your Benjamins

1 Utilize your prepaid meal plan. (That's what it's there for.)

2 Use cash for everything.

3 Buy used books.

4 Stock up on groceries and snacks when you're home.

5 Suggest less expensive ways to hang out with friends, such as jogging outside or having a movie night.

—Visit www.mymoney.gov for more pointers.

VICKI
SALEMI
letters@metro.us

accustomed to healthy behavior by resisting temptations. "Whatever habits they form now, they'll take with them once they leave — but on a bigger scale," Biernie Davi says.

One habit is keeping a spending diary, which is just what it sounds like: Track everything you spend and then analyze it at the end of the month.

"Review your spending patterns and figure out where you could cut costs and where you can afford more leeway," Francis says. Seeing how much money is being spent on restaurants, clothes and other items could be surprising, and "having a big picture view of how you spend is very effective and necessary," she says.

Francis adds, "With student loan debt averaging close to \$30K per student, it is now more important than ever that students get their arms around their finances."

Trick of the trade

Set it aside

The envelope system is another good option, Francis says. At the beginning of every month, make a budget and put specific amounts of money into envelopes that you've allotted for various categories like clothing, dining out and entertainment. As soon as the envelope is empty, it's lights out for that category. So if you budgeted \$200 for groceries, and make sure to only use that envelope

at the supermarket, when the \$200 has been used up you can't spend more on groceries that month.

If envelopes get depleted quickly, Biernie Davi suggests reaching out for help. "Bad habits tend to grow in the

dark. Open up to someone who you trust who is better at taking care of their finances." Sometimes just seeing all of your numbers in one place can help you get back on track.



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The 411 on financial aid forms

College. The FAFSA can be confusing, but we are here to help.

As if college applications weren't enough to fill out, there's also the free application for federal student aid, better known as the FAFSA. Dealing with this paperwork as soon as possible is a smart move, experts say, so students can get in on the federal and state funding that makes the college price tag more manageable.

Melissa M. Stephens, interim director of student financial services at Western Connecticut State University, explains what goes into the FAFSA.

"Financial aid is based

on the Cost of Attendance of a particular school [plus] the Estimated Family Contribution as determined by the FAFSA."

An EFC, she says, is calculated based on the details provided on the FAFSA, including the household size, number of family members in college, family income, a student's grade level and more.

While federal financial aid amounts — specifically those from Federal Pell Grants and Federal Direct Loans — would be the same regardless of school attended, she mentions that schools vary in how they award funds.

"Each school may have different available funding levels for state and institutional funds." In addition, each school may have a

unique way of awarding funds.

And although the premise of the financial aid form hasn't changed much over time, beginning with the 2014-2015 FAFSA there will be some changes, says Mary Lawyer, assistant vice president for financial aid at Siena College. On the new forms, the U.S. Department of Education requires students to report income and other information from a dependent student's legal parents,

regardless of the parents' marital status or gender if they live together.

"The 2014-2015 FAFSA will [allow] dependent applicants to describe their parents' marital status as 'unmarried and both parents living together,'" she says. Previously, if parents lived together but were not married, students only had to provide income information for the parent who provided more financial support for the student. "I believe this change was

made to accommodate same-sex parents," she adds.

And as for a secondary impact, Lawyer says it closes a loophole for unmarried people sharing expenses by living together. "This change will [mean] the income reported more accurately reflects the [family's] financial circumstances."

VICKI SALEMI
letters@metro.us



Sure, it's a pile of papers — but it can have big repercussions to students' financial futures. / COLOURBOX

Tips

Common mistakes to avoid

1 Using "your" incorrectly. Although parents typically complete the FAFSA, it's all about the student. "Your" refers to the student, not parent.

2 Inputting the wrong SSN for siblings. If the parent completes forms for more than one of their college students, the correct social security number should correspond to the right child.

3 Requesting a pin number late. Since a pin number is required to apply, parents should request one at www.pin.ed.gov prior to completing the forms.

4 Report federal taxes withheld instead of federal taxes paid. Lawyer says to "be sure to report the actual tax liability from your IRS 1040, 1040A or 1040EZ." The FAFSA requires actual federal tax liability; this is typically not equal to the amount withheld on the W-2.



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2

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THE WORD

Dorothy Robinson takes on the world of gossip.

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1



The world's most famous toddler meets the world's most famous dog. / TUMBLR

Blue Ivy Carter visited Sunny Obama

The great thing about 2-year-olds is that glamour doesn't exist for them. Sure, it's great for a baby if her parents are huge pop stars who hobnob at the White House, but the No. 1 item on her agenda

is still "Doggy doggy doggy doggy doggy."

Beyonce visited said White House this weekend to perform for Michelle Obama's 50th birthday, and she brought husband Jay Z and their

daughter Blue Ivy along for the ride. Blue, clad in cat ears and an adorable white tulle gown that I would have murdered for when I was little, got to check out the White House Christmas tree and watch her mom perform, according to the sweet photos posted on her mama's Tumblr.

But could any of that compare to the sublime fuzziness of the Obama's newest Portuguese water dog, Sunny? Beyonce posted several blurry but adorable snaps of Sunny and Blue making friends. Maybe, instead of renting out a zoo and buying her a miniature Porsche for her second birthday last week, Jay and B should just have gotten Blue a puppy.

MELINDA TAUB



GETTY IMAGES

Emma Thompson photobombs Lupita Nyong'o

Emma Thompson is setting herself up to be the best part of this year's awards season. After drinking a martini onstage and throwing her heels over her shoulder at the Golden Globe Awards, the actress ruled at yet another event, Saturday's SAG Awards when she photobombed "12 Years a Slave" actress Lupita Nyong'o while on the red carpet. Keep the martinis coming, Thompson!

This is what Johnny Depp's midlife crisis looks like

If I were Vanessa Paradis, I wouldn't be too pleased.

While Johnny Depp shared 14 years together — and two children — with Paradis, he always maintained marriage wasn't that important to him. "I never found myself needing that piece of paper," he told Extra in 2010. Well, apparently he's changed his tune, as Depp, 50, has reportedly proposed to girlfriend Amber Heard, 27, according to People magazine.

"They couldn't be happier to be engaged and excited to share the rest of their lives together," a source says. Depp and Heard, who met while filming "The Rum Diary," went public as a couple shortly after he split from Paradis in 2012.

Way to have a midlife crisis, Depp, and get married to a woman 23 years your junior. What's next — a sports car? Hair plugs? Even more exotic man-jewelry?



Depp and Heard went public as a couple in 2012.

GETTY IMAGES

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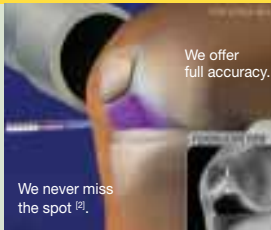
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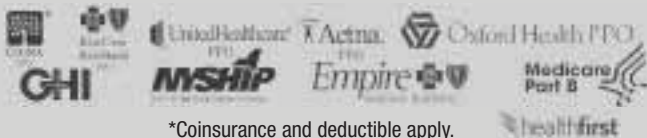
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1 Stars do the Sundance. Here's who hit Park City, Utah, this weekend

1 Bradley Cooper and Suki Waterhouse are officially a couple, and they don't hide it.

2 Maggie Gyllenhaal was there for the premiere of her latest film, "Frank," about the late cult musician and comedian Chris Sievey (his stage name was Frank Sidebottom).

3 It's just not Sundance without Vincent Chase — excuse us, Adrian Grenier.

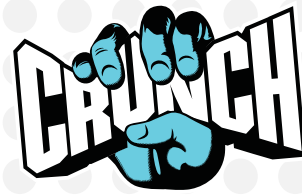
4 Christina Hendricks stars in "God's Pocket," directed by her "Mad Men" co-star John Slattery. Philip Seymour Hoffman co-stars.

5 Elijah Wood always looks cool.

6 Nick Cave is the subject of a documentary. About time!



ALL PHOTOS GETTY IMAGES

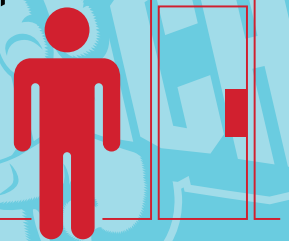


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BRIDGETTE LACOMBE

Q&A



While you were writing the memoir, was it ever hard to decide which stories made sense as a part of the general narrative?

I woke up every morning and before writing thought, I'm 9 years old. What's the world going to look like for me today? ... There were periods of my life that I felt were real triumphs. I discovered Manhattan and went from being a provincial Yeshiva boy to a kind of worldly Manhattanite, but even that transition was very difficult. It required a loss of a lot of things that I loved.



GARY SHTEYNGART

The novelist's new book is called "Little Failure," but his own reinvention is far from it.

BIG SUCCESSES

Novelist Gary Shteyngart introduced his new memoir, "Little Failure" in a big way: with a book trailer starring James Franco, Rashida Jones and fellow author Jonathan Franzen. The trailer was a big hit, and the memoir itself has been receiving rave reviews. The author of 2010's celebrated "Super Sad True Love Story" took some time to answer a few questions about his Hollywood connections, the relative aging rate of Russian men and what it's like to reinvent yourself as an American.

settled on one that was pretty sexy I thought.

You were forced to make out with him over and over again.

Let's say he was forced to make out with me. For me, it was pure pleasure.

I thought Franzen looked really relaxed and natural on-screen.

He's a natural! I think he's probably had a little acting, in college or something, because he was great. He wasn't a ham, he wasn't overdoing it, he wasn't underdoing it.

How did your book trailer with James Franco come about?

Well, he was a student of mine, and I thought it would be nice to make out with him for a while on camera. I mean, it's a dream that many people of all sexual orientations have, and he was kind enough to say 'yeah, I'll wear the bathrobe.' There were many, many takes on this, and then we finally

Will James Franco be appearing in all of your book trailers?

He appeared in [a previous] one I did. I did one with Paul Giamatti. I love to work with actors who can make my neuroses come alive on the screen.

What made you decide to write a memoir?

It was time. I'm 41, and in Russian years that's 67. How much more time do

I have left? I had a kid of my own and I thought it would be nice to figure out what my upbringing was like, so I don't [repeat mistakes] but also keep the humor and love. I feel like I've been working on this material for a long time and I want to use it so I can move on to other stuff that maybe doesn't involve as many Russian Jews.

There's a lot of reinvention that's happening along the way in there.

That, I think, is native to my other novels. There's always the sense of reinvention that people undergo, or suffer, if you want to put it another way. No one is ever happy with being who they are. But that's a great trope in writing fiction, in general. That's the question: If you have people who are static, then why write about them?

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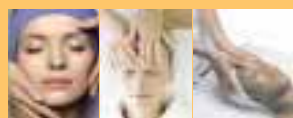
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'Soy Sauce for Beginners' is simply delicious

Kirstin Chen's new novel, about a woman named Gretchen who flees her failed marriage in San Francisco to return home to Singapore, is actually about a lot of things. It's about reinventing yourself at 30. It's about realizing your parents' faults. It's about the meaning of home. But it's also about soy sauce. Gretchen's family owns an artisan soy sauce business, and Chen's flavorful prose will have you thinking about the common condiment in a whole new way.

"I knew I wanted it to be a family business and something that was ubiquitous in Asia, but I picked soy sauce without knowing anything about it," Chen says. "I thought it would be mundane but the instant I typed 'soy sauce' into Wikipedia, I realized I had something much bigger on my hands."

Through her research, Chen discovered that real soy sauce is made similarly to wine: It's aged for months and has a variety of notes. She even visited a family-owned soy sauce factory in Singapore, where she met a young woman eerily similar to her novel's principal character. Like Gretchen, she was the great-granddaughter of the founder and had just started working in the factory.

She also showed Chen one of the more striking rituals in the book: a concoction of soy sauce and Sprite sipped at the end of every factory tour. "She told me at the end of every tour, her grandfather would give guests soy sauce and Sprite, so I stole that directly from her and used it in the book," Chen says.

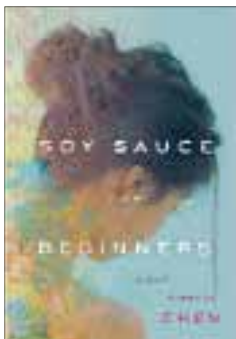


"My similarities with the main character made it easier for me to see our differences," Chen says. / SARAH DERAGON

Meet the author

Kirstin Chen

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Like her novel's character, Chen is from Singapore and lives in San Francisco, so she is intimately familiar with what it's like to

return home. "One of the paradoxes of Singapore is that it's encouraged to get the best education abroad, but conversely, we're all encouraged to come home and start families," Chen explains. A big theme in "Soy Sauce for Beginners" is stacking what your parents want for you against what you want for yourself — something everyone can relate to.

Making matters more complicated, Gretchen's mother's hidden alcohol problem is finally exposed, and her mother needs her more than ever even if she'll never admit it. How can you help your family when your own life is in shambles? It's just another one of the questions the book explores.

A hot new love interest, competition between friends and all the complications that come with working at a family business keep readers hungry for more, making the book easy to devour in days.

Novel. Author Kirstin Chen tells us how this overlooked condiment became a central idea in her new book.



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Quoted

"I knew I wanted it to be a family business and something that was ubiquitous in Asia, but I picked soy sauce without knowing anything about it. I thought it would be mundane but the instant I typed 'soy sauce' into Wikipedia, I realized I had something much bigger on my hands." Chen

Hiding in the 'Shadow'

Q&A. Costner talks watching others direct and being a supporting player.

Kevin Costner turned 59 on Saturday, but don't think because he's six years away from retirement age means he's slowing down. The actor has five films slated for 2014, a big uptick in recent years. He laid low over the past decade for a variety of reasons, including fatherhood, popping up in well-received supporting roles in "The Upside of Anger," "The Company Men" and, most guttingly, Superman's earthbound dad in "Man of Steel." We'd be remiss if we didn't acknowledge his lead role in History Channel's "Hatfields & McCoys" in 2012, which won him an Emmy and a Golden Globe.

Four of these new roles are leads, but in "Jack Ryan: Shadow Recruit," he's a mere mentor to its young star (Chris Pine).

"It was certainly a supporting part," he says, suggesting that's not ideal

for him. "I was attracted to it because Kenneth [Branagh, the director and his co-star] represented so much in our industry." He was originally reluctant to play an aging agent. "I said, 'Look, I don't know that I can sit down at a desk and make phone calls.' He said, 'No, that's why I'm asking you, because this character does get out from behind the phone and at certain moments has to be proactive.'"

Costner first made his name in smaller parts. When he popped up in a small but key role in the 1985 neo-Western "Silverado," it was a "Who's that guy?" moment. Costner crossed over to lead before coming back to the other side. "Sometimes lead actors are afraid of supporting actors," he says, laughing. "They can steal the movie. My character certainly doesn't do that. I'm more of a presence. A lot of

Way out Western

The director's chair

Costner would like to get back behind the camera. "I would like to play the second half of my career directing," he states. He says he's been hard at work with a friend on a series of adventure novels, which he describes as "old-fashioned," saying it's consciously in the vein of Jules Verne and Rudyard Kipling. (The books are

slated to be released next year by Simon & Schuster.) He also says he has a 12-hour Western he's been working on. "It's very epic," he says, laughing at the insanity of it. "It kind of debunks a theory about how towns came to be. I really want to make it, because I love that world — as you know."



MATT PRIGGE
matt.prigge@metro.us

people could have played this role, to be sincere."

Being directed by Branagh could be odd, being that Costner is a director himself. (Although his last picture was "Open Range," in 2003, a more modest Western than either "Dances With Wolves" or "The Postman," the latter one of

the massive projects — along with "Wyatt Earp" and "Waterworld" — that damaged his A-list status.) But he says that's a good thing. "It was interesting to watch him direct," he says of Branagh, with a chuckle. "I wanted to see how he does



KEVIN COSTNER PLAYS THE MENTOR TO LEAD
CHRIS PINE IN "JACK RYAN: SHADOW RECRUIT."
GETTY IMAGES

it. Because I'm usually directing horses and gun-fights."

Compared to Branagh, who he says his "calm and composed," Costner likes to get in there and show the actors what they're doing, especially "if they're taking too long to die."

Learning from others is something he likes to do. "Unless you're a complete narcissist, you look at other people and you like what they do better than what you do," he says. "I like making music. But I always love other people's music more than mine. I like what we do and I sign off on it, but the minute I hear someone else's music, I'm like, 'Man, we should be doing something like that.'"

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TV watch list

REALITY

'Hollywood Hillbillies'

This is a new reality show that appears to be, essentially, "The Beverly Hillbillies" as played by an actual family of freewheelin' country bumpkins from Georgia. Said family gained notoriety for posting their backwoods shenanigans on an inexplicably popular YouTube

account and subsequently moved to L.A. It's the Clampetts if Jed and co. had Wi-Fi, we guess.

SERIES PREMIERE, 9 P.M., REELZ

REALITY

'Teen Mom 2'

We're still not sure if this show glorifies and glamorizes teen pregnancy or acts as a deterrent. (Sadly, we're leaning toward the former.) It doesn't seem

to have taught any helpful lessons to the girls of "Teen Mom" — Leah, Kailyn, Chelsea and Jenelle, respectively — whom we revisit in this new season. Since we last saw them, they've popped out more babies, gotten into more bad relationships and, in the case of Jenelle, continued the downward spiral that's been legitimately difficult to watch in the last season.

SEASON PREMIERE, 10 P.M., MTV
ALEXANDRA CAVALLO

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Nastassja Kinski plays a woman who turns into a deadly leopard when she has sex in "Cat People." / SHOUT! FACTORY

THE 'CAT PEOPLE' REMAKE REMAINS THE CRAZIEST HOLLYWOOD FILM ABOUT SEX

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The name Jerry Bruckheimer has long been synonymous with megatestosterone man's man movies that blow stuff up real good: "Top Gun," multiple Michael Bay productions and endless "Pirate of the Caribbean" pictures. But sometimes people start off meaning well. Early into his career, the producer did up Michael Mann's "Thief" and brought Paul Schrader ever so briefly into the mainstream, first with "American Gigolo," then with 1982's "Cat People," one of the most messed-up films ever released by a major studio.

Nastassja Kinski plays a pretty young woman of ambiguously European roots who believes if she has sex she will turn into a rampaging leopard. Her

condition puts a cramp on her hesitant romance with a nice zoologist (John Heard). But at least she's more into him than her brother (Malcolm McDowell), who claims that not only does their lineage mean they can only have sex with each other, but they will die if they don't. Repeat: This is a movie where a man will die if he doesn't bang his sister.

"Cat People" wasn't a big hit, and a year later Bruckheimer broke into the big time with "Flashdance," a more empty form of big screen, acceptable T&A. "Cat People," by contrast, has loads going on underneath the frequent nudity and crazy sex — too much, one could argue, if one wanted. It's a movie drawn to the danger of desire like a moth to the flame.



DISC JOCKEY
MATT PRIGGE
matt.prigge@metro.us

Also out



'Fruitvale Station'

When it premiered at last year's Sundance, Ryan Coogler's film about a tragically gunned down youth — and its lead actor, Michael B. Jordan — were Oscar locks. Sigh.

'Nostalgia'

The penultimate film of Andrei Tarkovsky saves its most galvanizing set pieces for its last 30 minutes. Until then, this study of one man's trip to Italy's run-down areas is a hypnotic study of religious inquiry amidst cosmic indifference.

'RoboCop': 4K Remastered

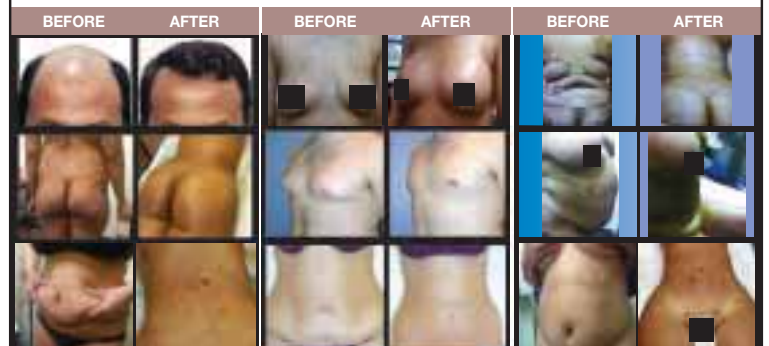
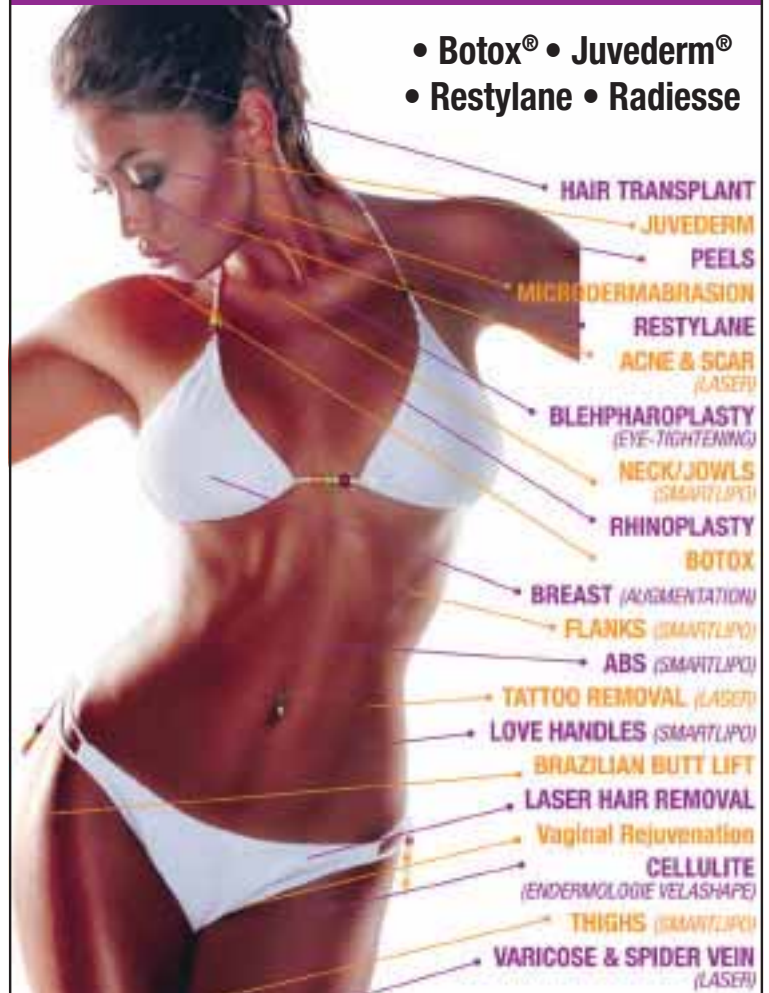
There's a PG-13 remake en route, but how can it compare to a remastered edition of Paul Verhoeven's lurid 1987 masterpiece?

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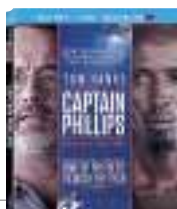
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Sail on, sailor

'Captain Phillips'

Director Paul Greengrass mysteriously missed an Oscar nom despite working overtime to create suspense out of a real-life thriller



that spends half its time in a tiny boat. Tom Hanks was similarly dissed for his frenzied work as a kidnapped captain. An impromptu bit that wasn't in the script may even be the best work of his career.



PLUS

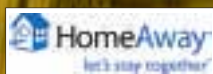
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SOCIAL MEDIA TRAVEL SECRETS

When all else fails

Pick up the phone

"The old-fashioned way is the best way," Melchiorri advises. "Call the hotel, get a human being on the phone. If you call me, I am going to take care of you, because that is kind of what I was born to do. People who work at hotels like people. They like talking to people."

Season four of "Hotel Impossible" premieres Jan. 27 at 10 p.m. on Travel Channel. / TRAVEL CHANNEL

Deals. "Hotel Impossible" star Anthony Melchiorri fills us in.

There are countless ways to save money on hotel rooms these days, but if you're not looking on Facebook and Twitter, you're missing out.

Expert hotel fixer and host of Travel Channel's "Hotel Impossible" Anthony Melchiorri says that more hotels are turning to their social media accounts to sell last-minute rooms or offer freebies publicly to showcase their customer service. It's the savvy ones who get them first, so read on to learn how to scoop up those digital deals.

1 If you're not already following hotels and

airlines on Facebook and Twitter, you should be.

"No one buys hotel rooms on social media, but it is a platform. A lot of them post good deals they allow you to claim on their website," Melchiorri says. "You 'like' them because they may have special deals. If they have a promotion, you can be part of that."

2 Don't sit back and wait — make the first move. "I always tell guests or friends to go on social media, let them know you are coming, look for a deal," Melchiorri recommends. "By letting them know you are coming, it allows you a free upgrade potential, so it's a great way to engage them immediately, and too many take it for granted."

3 Look for last-minute deals. "If a hotel was doing Facebook and Twitter

right and they had last-minute deals, they might do \$99 for tonight," Melchiorri says. "They are dumping inventory at the end of the night or the day before, and they can really drive a lot of business. You will see last-minute deals that no one else can get."



CASSANDRA GARRISON
cassandra.garrison@metro.us

Tip

Practice fast-finger shopping

"I think speed is a main factor," he says. "A lot of hotels don't do it well — you might not get an answer for two days — but you should."

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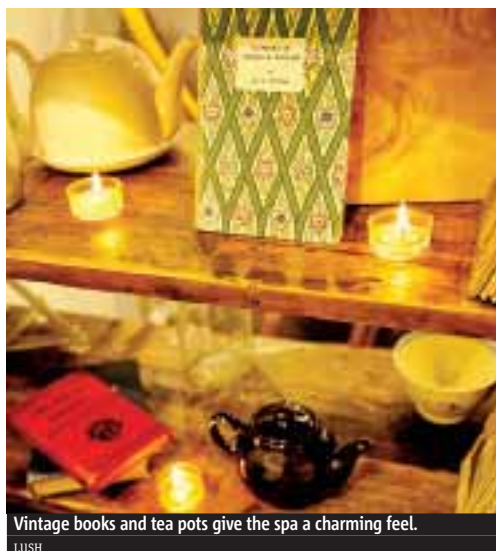
You have the spa routine down: Change into a robe and sip herbal tea in a chic, minimally decorated waiting room before your therapist performs a much-needed deep-tissue massage. However, this is not how it's going to go down at the new LUSH spa.

The British cosmetics brand opened its first U.S. spa locations in New York and Philadelphia last week, and aims to give clients a unique experience.

"It's quite different from any other spa," says co-founder Rowena Bird. "It's the amount of thought that's put into each treatment."

Right from the start, guests entering the flagship stores know they are in for an unusual treat. They first walk through a playland-style shop filled with the brightly colored bath bombs and hand-made soaps the brand is known for. But upstairs in the spa, things quiet down.

Designed to resemble a home in the idyllic Dorset countryside, each room is meticulously decorated with jars of wildflowers,



Vintage books and tea pots give the spa a charming feel.

LUSH

sweet vintage teacups and old books. In the main waiting area is a board with words such as "energized" and "at peace" — "behavioral prescriptions" created by behavioral therapist Lady Helen Kennedy, who worked with the founders on capturing these moods.

For the spa's signature treatment, Synesthesia, an intertwining of the senses, clients pick a mood they'd like to feel from the board and that dictates everything in the massage, from the color of the room to

the scents used. The music, composed by folk artist Simon Emmerson, is also tailored to achieve guests' feeling of choice.

"There is a little bit of magic at the beginning and the end; it's always something special," says Bird. "There's a little twist that you wouldn't expect and that makes you smile. So when you come out, we have picked you up and put you into a different space."



TINA CHADHA
tina.chadha@metro.us

Editors Pick

Votre Vu Duette

Thanks to winter's frigid temps, cold air and central heating, our lips are constantly chapped and our hands are dry, flaky and susceptible to paper cuts galore. This means schlepping around various moisturizers and lip balms in addition to the scarf, gloves and hat (and since we're about to go through round two of Polar Vortex fun, perhaps a ski mask) in our already-stuffed bag. Enter Votre Vu's new Duette. The all-natural French beauty brand combined a nourishing lip balm (made from coconut oil, shea butter and beeswax) and luxe hand cream (sunflower, grape seed, jojoba oils and aloe) in one neatly packaged tube to make staying moisturized on-the-go so much more convenient. **\$39**, www.votrevu.com

TINA CHADHA



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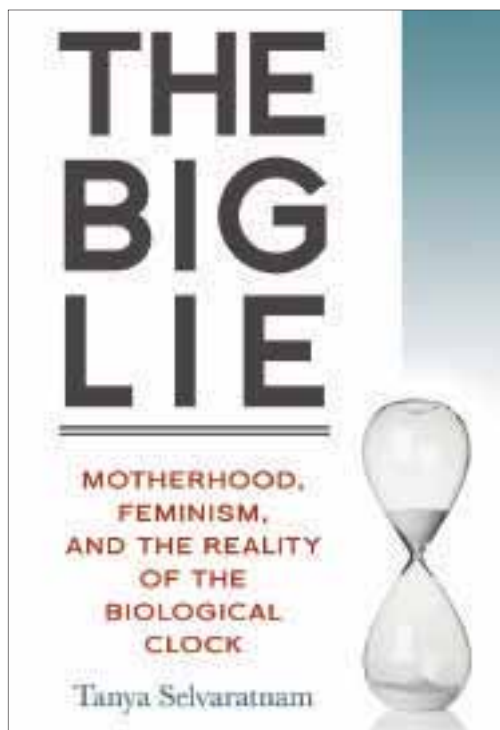
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Tick-tock, tick-tock



Fertility. In her book "The Big Lie," Tanya Selvaratnam warns about the consequences of waiting to start a family.

We know the nursery rhyme: "First comes love, then comes marriage, then comes baby in a baby carriage." But for the modern woman, it's a bit different. Our nursery rhyme goes a bit more like: "First comes education, then a graduate degree, toss in some exotic travel, a high-powered job, financial security — then love, marriage and a baby."

However, as Tanya Selvaratnam writes in her new book, "The Big Lie: Motherhood, Feminism, and the Reality of the Biological Clock," that happy ending — a baby in a baby

carriage — isn't necessarily a given.

"Biology doesn't bend to feminist principles, and science cannot work miracles," notes the Harvard-educated Selvaratnam. "Women cannot do things on our own timetables. People think that because of advances in reproductive science and modern technology, we can actually control the biological clock to our advantage."

Selvaratnam made that mistake. She figured that she could fulfill her creative ambitions before starting a family. After enduring three miscarriages, several IVF treatments and then the dissolution of her marriage, she realized she had waited too long. And so, "The Big Lie" began to take shape. In the book, Selvaratnam combines her own struggle with medical statistics and the latest research to help a new generation of women to be more informed about their fertility.

"I'm putting myself out there so people have something to hold onto while grappling with the numerous studies and statistics that I put forward in the book."

Late in the book, Selvaratnam includes a well-researched chapter entitled "Action Items for the Future," so that women are better prepared and more aware of their options. "It's really about preparing yourself for many possible outcomes so that if the one you hope for doesn't pan out, you don't suffer."



DOROTHY ROBINSON
dorothy.robinson@metro.us

A few of Selvaratnam's Action Items for the Future



"Educate yourself; don't be dependent on others to educate you," says author Tanya Selvaratnam. / CHIARA CLEMENTE

If you are 21 or younger

- **Drop the bad boy habit.** If you want to have children with a partner, be open to someone who will be a good parent.
- **Monitor your health.** If you are ready to get pregnant, pay extra attention to your weight and nutrition.
- **Educate yourself.** Two great books are "Taking Care of Your Fertility" and "Fully Fertile."

If you are between the ages of 21 and 30

- **Find out the fertility basics.** The American Society for Reproductive Medicine has great fact sheets you can download that are very user-friendly and visual.
- **Take care of your body.** You should be aware that

what you do now can affect your future chances of having a child.

- **Think about your goals.** As you approach your late 20s, start pursuing options for conserving your fertility, if you haven't had a child yet.

If you are 30 or older

- **Consult a specialist.** If you are above 35 years old and have trouble getting pregnant or have had a miscarriage, get yourself to a fertility specialist sooner than even your OB/GYN might advise.
- **Read up.** If you are dealing with infertility, educate yourself. A good resource is the book, "Budgeting for Infertility."
- **Expand your options.** If you have not had a child by 40, despite treatment, start considering other options, like egg donation and surrogacy. Think especially about adoption. And be proud to do so!

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Answers to your prenatal beauty Qs

As soon as you start thinking for two, it can seem like nothing is safe anymore. Everything you put into your body undergoes additional scrutiny. Melissa Schweiger, co-author of "Belli Beautiful: The Essential Guide to the Safest Health and Beauty Products for Pregnancy, Mom and Baby," lends her expertise.

Is it still safe to get manicures?

As long as you go with nail polishes that are "3-free," which means they don't contain dibutyl phthalate, toluene and formaldehyde. A lot of nail polish brands are 3-free now — Butter London is a great one.

When it comes to beauty products, is it best to switch to all-natural

products or is it OK to keep using trusty favorites?

You want to stay from chemicals that could potentially be hormone destroying, so anything all-natural is best. If you have a question about something listed in the ingredients, look it up on www.ewg.org/skindeep. It's a database created by an environmental working

group, and you can look up any ingredient. The database will give you a rating of how potentially toxic or harmful it is.

What about hair treatments? Is it OK to dye your hair or get highlights while expecting?

Any treatment where the agent is not touching the scalp is fine. Dyeing your

hair and getting highlights are OK because the agent is only drawn on to the hair, which is dead fiber, so you aren't absorbing anything and it isn't going into your bloodstream.

Is there anything someone who is pregnant should keep in mind when she's at the dentist? The dentist will know if something is safe during

Pregnancy. Our expert shares what's safe for your baby — and what isn't.



EMILY LAURENCE
emily.laurence@metro.us

pregnancy, so make sure he or she knows. But you do want to make sure you go. A study at the University of North Carolina at Chapel Hill found that pregnant women with moderate to severe gum disease were seven times more likely to go into pre-term labor and deliver low birth-weight babies. So it's best to go twice during your pregnancy.



You don't have to rely on your pregnancy glow to look radiant; there are plenty of cosmetic lines with all-natural products. / THINKSTOCK

Melissa's favorite baby-safe beauty brands

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Carkoon Car Seat, \$800

This car seat may look like something intended more for Lady Gaga than the average person, but British company Cool Technology says your baby will never be safer. The inventors of the product were inspired to create it when they realized car seats weren't being designed to match vehicles' increase in speed. On impact, a fireproof airbag is released, keeping the baby in a cocoon with 20 minutes of air supply. Then, an emergency signal is emitted with GPS coordinates.



4moms Origami Stroller, \$849.99

If you haven't been subject to the stroller struggle yourself — fighting to open or close it every time — you've most likely witnessed it. The 4moms Origami Stroller eliminates that problem with the click of a button. It also comes with a sensor to make sure caregivers don't accidentally close the stroller with the baby still inside. Other tech features include a phone charger, an LCD screen showing you that your baby is safely secured and lights for evening walks.



Insanely high-tech baby gear

From strollers to baby monitors, and even a cry translator, we round up the most advanced baby care products.

Angelcare Baby Monitor A1100, \$184.99

The Angelcare Baby Monitor A1100 lets you see that all is safe and sound with its LCD touchscreen. There is also a two-way walkie-talkie, night light, temperature display, portable recharging unit, zoom in and out feature, adjustable camera angle and timer.



Bloom Fresco High Chair, \$450

For \$450, you might expect this high chair to feed your baby itself. While feeding time will still be up to you, it at least keeps your kid comfy during more than just mealtimes. With three recline positions, your baby can go from mealtime to nap time. It also swivels 360 degrees, and the seat is designed to direct spills outward.



Cry Translator iOS app, \$4.99

Sometimes you know exactly why your baby is crying, but other times you may be thinking, "What do you want?" For those distressing moments, parents can consult the Cry Translator app, which analyzes a baby's cry and tells you what he or she wants, and gives helpful suggestions. And thankfully, it only takes 10 seconds. In a clinical test,



babies stopped crying 96 percent of the time after parents took the app's suggestions.

EMILY LAURENCE
emily.laurence@metro.us

FREELANCE: FREEDOM FROM AN UNCERTAIN ECONOMY

Gone are the days when you could rely on one source of income to survive. Secure, full-time jobs are scarce — the economy is too unpredictable, and there are many external factors that you can't control (such as your company going into bankruptcy or eliminating your department).

Amid all this uncertainty are corporations that aren't hiring, even though they are making more money. And just because you work at a well-respected company doesn't mean you're protected from unpredictable layoffs. For instance, Macy's is laying off 2,500 employees, Merck is laying off 8,500 and Cisco is cutting 4,000. These layoffs happen with alarming regularity.

In this kind of employment climate, you need to have multiple sources of income. The best way to accomplish that is by having an entrepreneurial mindset. Think about career diversification the same way you think about



If your company doesn't have policies against it, consider diversifying your career by freelancing on the side. / COLOURBOX

managing a portfolio of stocks. If you put all of your money on one stock and it plummets, you are broke and living

Jobs Advice

DAN SCHAWBEL

DANSCHAWBEL.COM

Dan Schawbel is a Gen Y career expert, the founder of Millennial Branding and the author of Me 2.0.



if one tanks, you can stay afloat.

Although freelancing can be difficult, it is the easiest path to career diversification — and it's becoming more and more popular. Intuit predicts that 40 percent of American workers will be freelancers by the year 2020. With freelancing, you can take on multiple clients; then, if you lose one, you can still survive. Aside from the benefit of freedom and flexibility, it diversifies you in a way that protects you from economic uncertainty. If you work for a big corporation, you should be doing side projects (such as freelancing) just in case you get laid off. You can also parlay your entrepreneurial activity outside of work into a full-time job if you concentrate enough effort on it.

Diversifying your career is the smartest decision you can make because it gives you the upper hand in your field and is your best insurance plan against things that you can't control.

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Inside HR

VICKI SALEMI

Vicki Salemi is a career and human resources expert and consultant with 16-plus years of hands-on management experience. She's a public speaker, coach, the author of "Big Career in the Big City" and on-air host of "Score That Job."



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Working out at the gym with only 20 minutes on the clock means pounding that Stairmaster like there's no tomorrow. Well, compare that to a 60-minute slow walk on the treadmill — there's no comparison. (And really, there's no workout.)

How you spend your time is more important than how much you have. This couldn't be truer with a job search. Instead of surfing endlessly for various opportunities and applying online, it's time to get in the zone. Get focused, limit your time and micromanage it to boost your productivity. For starters, you can eliminate applying to jobs on Saturdays and do it on Mondays instead. (And how much fun is it to look for a job during the weekend? Our thoughts exactly.)

According to Bright.com, the best day of the week to apply online is Monday. After analyzing more than 500,000 job applications, the job seeker site found that at least 30 percent of job seekers moved onto the next round on a Monday. (The least successful day was Saturday.)

Early in the week bodes well for emails as well. According to email marketing firm Constant Contact, Monday is emerging as a day with better-than-average open rates. Email volume is at its peak from

10 a.m. until 2 p.m., so in order to avoid getting lost in the inbox, the best time to send is early in the morning or in the evening, especially if you're net-working.

In addition to knowing when to apply and network via email, a focused search involves knowing which jobs and companies to pursue and how many is too many. Job seekers may think casting a wide net may bode well, but in many instances it's futile.

When recruiters review candidates' profiles in their company's applicant tracking system (better known as the "black hole" where online résumés are submitted), they can see all of the jobs you've applied to at that company. If they see 28, for example, they won't take you as seriously — you'll seem desperate and unfocused. How can anyone truly be a slam dunk hire for 28 different roles? Try applying to a few jobs so they'll see your specialized skill set and hone in on your CV.

Plus, following up is key to scoring the job, and how can you focus your efforts on 28 opportunities simultaneously? Narrow it down to the top two or three you're truly qualified for instead. It becomes unwieldy to sell yourself in an application binge. Instead, focus on the good stuff — the right jobs and the right companies.

Quoted

Whether you cast your net focusing on the same industry or the same role like marketing across a variety of organizational cultures and company sizes, the key is keeping it manageable so you can insert yourself and put your best foot forward.

Horoscope

Aquarius | Jan. 21-Feb. 18.
If you stay informed and talk your way through complications, you'll be able to find solutions to whatever you face.

Pisces | Feb. 19-March 20.
If you are feeling run-down, allow yourself some time to rejuvenate. You can start a business partnership with a person who will add value to a project.

Aries | March 21-April 20.
Don't be overcome by fits of anger. Focus on accomplishing reasonable things that will lead to personal satisfaction.

Taurus | April 21-May 21.
You'll have momentum and should be able to complete your agenda. Creativity will lead to all sorts of new projects.

Gemini | May 22-June 20.
You may need to walk on eggshells, or you could end up in an argument with someone at home. Hold off on talks until late in the day.

Cancer | June 21-July 22.
Heed the advice of others and you will discover all sorts of salient details. A relationship can thrive if you put in the hours.

Leo | July 23-Aug. 22.
Learn from experience, especially when there is money involved. You can improve your financial future.

Virgo | Aug. 23-Sept. 22.
If you refuse to compromise, you will jeopardize a partnership. You may want to take on fewer projects. It's preferable to do one thing well.

Libra | Sept. 23-Oct. 22.
If you avoid procrastinating, you'll find success. Investments could shape the year ahead for you. Indecision is your enemy.

Scorpio | Oct. 23-Nov. 21.
Someone is likely to enchant you today. Relationships can become magical, intense and exciting.

Sagittarius | Nov. 22-Dec. 21.
Embellishing the truth will get you into trouble, so be honest. Lies will come back to haunt you. Do what you can to dispel any clouds.

Capricorn | Dec. 22-Jan. 20.
Focus on what you wish to accomplish, and get things moving promptly. Disputes will escalate later in the day.

BERNICE BEDE OSOL

Letters

Raising our standards

Re: 'Follow the money' (Metro, Jan. 16) Letter writer David Snieckus points to the Federal Reserve. However, this system did work until President Franklin Delano Roosevelt removed the gold backing from each dollar. Kennedy decoupled the silver as a reserve supporting the dollar and then President Lyndon Johnson did away with silver coins by signing the 1965 Coinage Act — an act that had gone unchanged since 1792. Today the money has value, but ask yourself: Would you prefer a pocket with coinage of real value or a pocket with bonded alloys of aluminum and copper? And never let someone tell you this doesn't

matter. **MICHAEL TREACY, VIA EMAIL**

America the great

America means "greatness." I want my country to be the best. We are a nation of leaders, not followers. I can not stand to watch my fellow Americans sit on the sidelines and watch this great country slip away into mediocrity. Every individual has a gift to make a difference. We must not tolerate lies and excuses from all our pathetic politicians.

JOHN MCLAUGHLIN, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

	1	7	5					
	5	8		1	3			
			6			8	1	
		2			5	9		
9			3		7			8
		5	1			3		
	8	9			6			
			2	9		4	8	
				4	6	3		

7	4							
		2	3	4			5	9
		5		2	6			
	1	9				6		
3			9		8			1
	7					9	3	
			6	7		8		
4	2			8	9	3		
							4	6

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

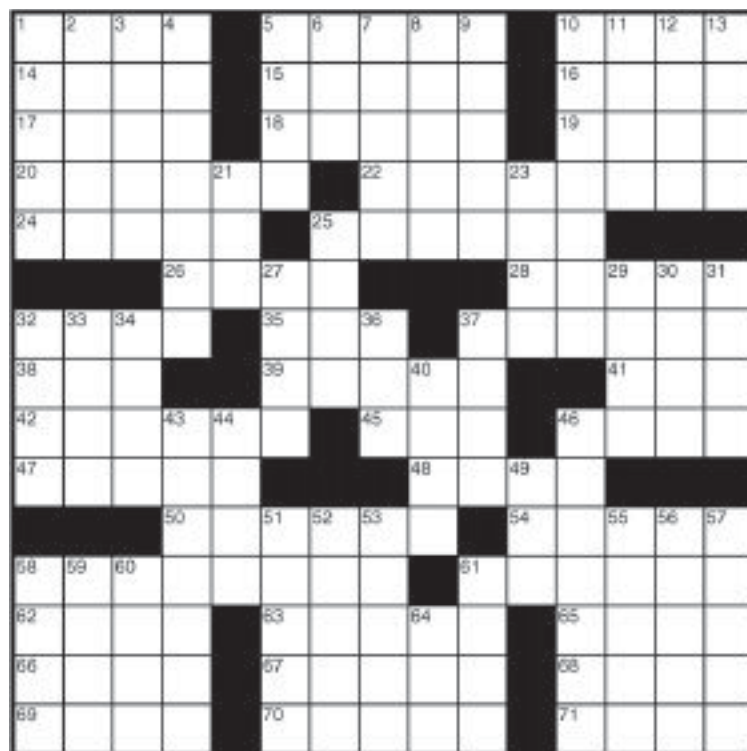
Across

- 1 Notoriety
- 5 Bridge support
- 10 Catty remark
- 14 Pavarotti piece
- 15 Uma's "Gattaca" co-star
- 16 He wrote "Picnic"
- 17 Coffee dispensers
- 18 Hawaii red flower
- 19 Double agent
- 20 Mixer
- 22 Ajar
- 24 Wool fabric
- 25 Tan slacks
- 26 Visible
- 28 Where Valletta is
- 32 High-wire act, e.g.
- 35 Plunder
- 37 Take in
- 38 Pea-green boat passenger
- 39 Chasm
- 41 Yak
- 42 Echo
- 45 Hagen of "The Other"
- 46 Handle hassles
- 47 Mineral analysis
- 48 Elegant coiffure
- 50 Lurched
- 54 Not over
- 58 Daniel Boone's hat
- 61 Talisman
- 62 Chills and fever
- 63 Pentium producer

Down

- 65 — spumante
- 66 Music and dance
- 67 Brain messenger
- 68 Desktop picture
- 69 Twig shelter
- 70 Conquistador's quality
- 71 "Forget it!"
- 36 Provo sch.
- 37 PDQ
- 40 Tie tack
- 43 Not kidding
- 44 Votes in parliament
- 46 Hold
- 49 Expected any time
- 51 Making ends meet
- 52 Eye enhancer
- 53 — nous
- 55 Music with a beat
- 56 Block, legally
- 57 Lorelei's river
- 58 James of "Rollerball"
- 59 People devourer
- 60 Ump's calls
- 61 Skeddaddled
- 64 Morn's counterpart

Weekend's answer



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3

SPORTS

Close to spring

Jeter on field for workouts

Spring training is still officially 25 days away, but Yankees captain Derek Jeter was already on the field in Tampa on Monday. Jeter took fielding practice and hit off a tee for the first time since cutting his 2013 season short on Sept. 7. "Everything is normal now," Jeter told the AP.



Watch online

Find video and recap of Monday's Knicks-Nets game at: Metro.us/sports.

See more at www.metro.us



GARY BETTMAN

Metro spoke one-on-one with the NHL commissioner ahead of this weekend's Stadium Series in the Bronx to hear his thoughts on the state of the league and how long he'll stay in the top spot in the sport.

'I COULDN'T BE MORE OPTIMISTIC'

Heading into the Stadium Series games, how would you characterize the state of the league over the last 18 months?

We are having a terrific season. Last season was extraordinarily strong under the circumstances, and [I] couldn't be more bullish or optimistic about the future.

Where do you envision the league heading in the next one to five years?

We're going to continue to grow our fanbase. We're going to continue to take advantage of the opportunities presented by digital media platforms. We're going to continue to grow the game from the grass roots and internationally, and we're going to make sure the game is as strong, as exciting and as safe on the ice as it can be.

Quoted

"The fact is Broward County has built a state-of-the-art arena, and it's one of the nicest arenas in North America. Nassau County doesn't have the same thing."

Gary Bettman, NHL commissioner
On the difference between Florida Panthers ownership and the Islanders

This year the NHL is holding six outdoor games. What was the process the league used to settle upon six games?

It is not one that is susceptible to an algorithm. We knew there was tremendous interest by lots of our teams and lots of markets in which our teams play, lots of our fans to have more of these games and we're trying to respond to the interest. We've tried to be somewhat creative in the way we've approached it and we thought the juxtaposition of having a game in Dodger Stadium

and then Yankee Stadium within 18 hours of each other, in addition to being interesting, is going to be a lot of fun.

One of the host venues is Yankee Stadium, which already hosts the Pinstripe Bowl. Could you envision a scenario in which Citi Field or MetLife Stadium could host a Winter Classic?

We never rule anything in or anything out. We try to be sensible in terms of the decisions we make at the time.

Could you envision

Q&A

Is there an accomplishment over these last 18 months that you take the most satisfaction from?
I don't operate by doing that.

Is expansion something you would consider right now or are you comfortable at 30 teams?

We're comfortable at 30 teams although we have been getting a tremendous amount of interest from places all over North America. We are not, at this point, focused at doing anything other than maintaining the 30 teams that we have although we are gratified by all of the expressions of interest.

Yankee Stadium ever hosting a Winter Classic?

Not as long as they have the Pinstripe Bowl. It doesn't work logistically. But as it relates to Citi Field or MetLife Stadium, they are both magnificent facilities.

You are about to begin your 21st year as commissioner. When you accepted the position, did you envision being commissioner for 21 years?

Well, you make it sound like I'm done. The fact is, as I was growing up I never envisioned being a commissioner. I don't focus on any particular timeline. I do this job because I'm passionate about the game and what I do.

DENIS GORMAN
sports@metro.us



Andray Blatche had a big game for the Nets coming off the bench. He managed to take advantage of the Knicks' porous interior defense for 19 points on 9-of-12 shooting. / GETTY IMAGES

MLK matinee shows teams on different paths

NBA. The Nets rode their current hot streak into another win, while the Knicks have now lost four straight.

If Monday's 103-80 win by the Nets over the Knicks was any indication, it seems both squads are heading toward opposite ends of the spectrum.

The matinee affair was a striking dichotomy considering both teams endured the same early wake-up calls and lazy afternoon haze, but the Nets (17-22) broke out of theirs with little trouble. And as a result, Brooklyn has now won two straight and are just 2 1/2 games behind the first-place Raptors in the Atlantic Division, while the Knicks (15-26) are now stuck in a four-game slide.

"It is about those guys in the locker room. They all believe they can play

Making a point

Both the Knicks and Nets got injured point guards back in Monday's game.

- Nets All-Star Deron Williams played for the first time since Jan. 4 and had 13 points off the bench.
- Meanwhile, key Nick Pablo Prigioni played, and started, for the first time since Dec. 16. He had two points.

both sides of the ball and they're doing it at a high level as of late," said Nets head coach Jason Kidd, who added there wasn't anything extra special in beating his former team. "We have to keep building on it. ... It's just another game on the schedule and now we turn the page and get ready to play Orlando."

Kidd was trying to downplay the win, but was clearly thrilled to

see a well-rounded effort. Swingman Joe Johnson tallied a team-high 25 points and had his way with whichever Knicks' defender had the misfortune of defending him.

"We play through Joe and he has been making a lot of great reads [by] scoring the ball and getting some wide-open looks," said Kidd. "It is [contagious] because they're all trying to make the right play."

The Knicks, conversely, have looked like a rag-tag unit during their slide.

"I didn't think we would be in this situation. I don't know how to deal with a situation like this. I am learning [because] it's the first time for me," said Carmelo Anthony. "I don't like losing. I'm not worried though. I'm not at that point yet because I still feel like we can figure it out."

TONY WILLIAMS
sports@metro.us

What we learned

1 Where's the support?

— Carmelo Anthony got next to nothing from his supporting cast, but the biggest culprit might've been point guard Raymond Felton, who has struggled mightily lately. Felton was roundly outplayed by his Nets' counterparts, as he registered just nine points on 2-of-11 shooting and also added a meager six assists to go with his three turnovers.

2 Apple turnovers —

New York collectively produced just 13 assists on their 24 made field goals and committed 17 turnovers — including an alarming seven in the opening quarter. Felton's assists actually led the way for the Knicks to give an indication of the lack of sharing and ball movement.

3 Everybody in —

Brooklyn received a little bit of something from everyone who checked in the game, as each participant who played registered a point and rebound. Andray Blatche led reserves with 19 points.

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Honor roll



Mangold, Rolle named to Pro Bowl

New York will not go without a representative in the Pro Bowl after all.

Jets center Nick Mangold and Giants safety Antrel Rolle were both named to the Pro Bowl as replacements for Super Bowl representatives. Seattle center Max Unger and safety Earl Thomas will both sit out this weekend's game as they prepare for Super Bowl XLVIII.

No representatives from the Giants or Jets were named on the initial balloting announced in late December. **METRO**

Belichick takes verbal swing at Welker for hit

NFL. The Broncos receiver "took out" cornerback Aqib Talib in the second quarter of the AFC title game.

If there were any question as to what kind of relationship Patriots head coach Bill Belichick and former Patriots receiver Wes Welker currently have, Belichick answered it Monday, a day after New England's 26-16 loss to Denver in the AFC Championship game.

Belichick slammed Welker at his Monday press conference regarding the receiver's hit on cornerback Aqib Talib on a "pick play."

"I feel bad for Aqib,

Tumultuous timeline

A look at Wes Welker and Bill Belichick through the years:

- In 2011, Welker was benched for making joking remarks about Jets head coach Rex Ryan and a foot fetish video scandal.
- In 2012, Welker told Comcast SportsNet New England, "It's kind of nice to stick it in Bill's face once in a while."
- Welker told Sports Illustrated in 2013, after signing with the Broncos: "[Playing for Belichick] is one of those deals where you have to endure him, put up with him."

the way the play turned out," Belichick said. "I went back and watched it, which I didn't get a chance to do [Sunday]. It was a deliberate play by the receiver to take out Aqib. No attempt to get open. I'll let the league handle the discipline for that. It's not for me to decide, but it's one of the worst plays I've seen. And that's all I'm going to say about that."

Talib, who was named to the Pro Bowl and made Second-Team All Pro this season, did not return to the game after suffering the injury. Denver's Demaryius Thomas ended up finishing the game with seven catches for 134 yards and a touchdown.



MATT BURKE

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Wes Welker hauls in a pass over New England's Kyle Arrington in Sunday's Broncos' win in the AFC title game. / GETTY IMAGES

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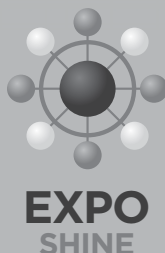
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Super talk

Sherman still making headlines day after rant

NFL fans have known for a couple years that Richard Sherman had the biggest mouth in the league. But those among the 55.9 million people who tuned into Sunday's NFC Championship game and didn't know him were introduced to the All Pro cornerback in dramatic fashion.

Sherman blasted 49ers wideout Michael Crabtree in a postgame interview on FOX, calling last season's NFC receiving yards leader a "sorry receiver."

The comments drew instant ire on Twitter and around the Internet — not to mention furious replays of the interview FOX admitted Monday they had purposefully cut short.

Sherman stepped back from his comments after the game a little, apologizing to FOX Sports' Erin Andrews, who was

doing the interview, but he re-emphasized Crabtree was a "mediocre" receiver. He said himself on Monday in an interview with ESPN he "could have worded things better."

His head coach, Pete Carroll, said in an interview on ESPN Radio in Seattle on Monday he has since spoken to Sherman.

"We aren't perfect, and we all make mistakes," Carroll said. "Things don't always come out exactly

as we planned."

Sherman took a much different tack toward his opponent in the Super Bowl in his weekly column for Sports Illustrated's MMQB website. He praised Broncos quarterback Peyton Manning as "the smartest quarterback in football" and singled out each of his receivers — Eric Decker, Wes Welker and Demaryius Thomas — with individual praise.

The self-proclaimed best cornerback in football led the NFL in interceptions for the regular season in 2013 and was second last season. He had eight this year and eight last year.

He will likely find himself matched up with Thomas most of the time on Super Bowl Sunday. He was targeted just twice by San Francisco. He was called for a holding penalty the first time and tipped the ball away from Crabtree for the game-ending interception the second time. **MARK OSBORNE**



SHERMAN PLAYED FOR NINERS HEAD COACH JIM HARBAUGH IN COLLEGE AT STANFORD.

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Ad Council

LandlordsNY

In a unique twist of the usual real estate events and expos, we have created an event designed to assist landlords and managers...period! This private event is only open to LandlordsNY Members, membership is free to NY landlords/property managers.

HOSTED AT

BARCLAYS CENTER

BROOKLYN

Event is hosted in the Calvin Klein VIP Club and on the Brooklyn Nets Practice Court.

PROPERTY MANAGEMENT SYMPOSIUM

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FEB 11 2014

AND MAKE PLANS TO ATTEND!

Over 300 fellow New York landlords and property managers to network with!

Educational, relevant and money saving tips from leading industry experts!

Enjoy a Breakfast of Champions to get you going and take a few shots on the Brooklyn Nets Practice Court to close it out!

Admission is just \$200 – use code “METRO” for \$50 off! Seating is limited. Sign up now!

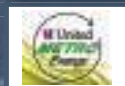
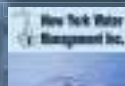
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